

IN THE CLAIMS:

1. A cookware release composition suitable for dispensing from an aerosol

container, comprising:

5 a cookware release agent having lecithin, the lecithin being treated with an alkali and a fatty acid at the same time;
an oil; and
a propellant,

wherein a mixture of said cookware release agent having
10 said treated lecithin and said oil is dispensed from the aerosol container by said propellant.

2. The cookware release agent of claim 1, wherein said lecithin is treated with a mixture of said alkali and said fatty
15 acid.

3. The cookware release agent of claim 1, wherein said lecithin comprises a substantially anhydrous lecithin.

20 4. The cookware release agent of claim 3, wherein said substantially anhydrous lecithin includes about 1.0% to about 1.8% water by weight.

5. The cookware release composition of claim 1, wherein the composition includes about 0.5% to about 50% of said treated lecithin by weight.

5 6. The cookware release composition of claim 1, wherein said alkali comprises sodium sorbate.

7. The cookware release composition of claim 1, wherein said alkali comprises potassium sorbate.

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8. The cookware release composition of claim 1, wherein said alkali comprises sodium carbonate.

15 9. The cookware release composition of claim 1, wherein said alkali comprises potassium carbonate.

10. The cookware release composition of claim 1, wherein said alkali comprises sodium bicarbonate.

20 11. The cookware release composition of claim 1, wherein said alkali comprises potassium bicarbonate.

12. The cookware release composition of claim 1, wherein said alkali comprises sodium acetate.

13. The cookware release composition of claim 1, wherein said alkali comprises potassium acetate.

5 14. The cookware release composition of claim 1, wherein said alkali comprises sodium hydroxide.

15. The cookware release composition of claim 14, wherein said lecithin is treated with sodium hydroxide at a
10 concentration of about 0.5% to about 2.5% based on the weight of said lecithin.

16. The cookware release composition of claim 1, wherein said alkali comprises potassium hydroxide.
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17. The cookware release composition of claim 16, wherein said lecithin is treated with potassium hydroxide at a concentration of about 0.7% to about 3.5% based on the weight of said lecithin.
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18. The cookware release composition of claim 1, further comprising a second alkali wherein said lecithin is treated with said second alkali.

19. The cookware release composition of claim 18, wherein said lecithin is treated with said fatty acid, said first alkali, and said second alkali at the same time.

5 20. The cookware release composition of claim 1, wherein said fatty acid comprises oleic acid.

21. The cookware release composition of claim 20, wherein said lecithin is treated with oleic acid at a concentration of
10 about 0.1% to about 0.5% based on the weight of the composition.

22. The cookware release composition of claim 1, wherein said fatty acid comprises linoleic acid.

15 23. The cookware release composition of claim 22, wherein said lecithin is treated with linoleic acid at a concentration of about 0.1% to about 0.5% based on the weight of the composition.

20 24. The cookware release composition of claim 1, wherein said fatty acid comprises palmitic acid.

25. The cookware release composition of claim 24, wherein said lecithin is treated with palmitic acid at a concentration

of about 0.1% to about 0.5% based on the weight of the composition.

26. The cookware release composition of claim 1, wherein
5 said fatty acid comprises stearic acid.

27. The cookware release composition of claim 26, wherein
said lecithin is treated with stearic acid at a concentration of
about 0.1% to about 0.5% based on the weight of the composition.

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28. The cookware release composition of claim 1, further
comprising a second fatty acid, wherein said lecithin is treated
with said second fatty acid at the same time.

15 29. The cookware release composition of claim 28, wherein
said lecithin is treated with said alkali, said first fatty
acid, and said second fatty acid at the same time.

30. The cookware release composition of claim 1, wherein
20 said fatty acid comprises a free fatty acid.

31. The cookware release composition of claim 1, wherein
said fatty acid comprises a plant fatty acid.

32. The cookware release composition of claim 1, wherein said fatty acid comprises an animal fatty acid.

33. The cookware release composition of claim 1, wherein
5 said fatty acid is derived from a soybean oil, a canola oil, a sunflower oil, a corn oil, a coconut oil, a palm oil, or mixtures thereof.

34. The cookware release composition of claim 1, wherein
10 said fatty acid comprises an oil free fatty acid.

35. The cookware release composition of claim 1, wherein the composition comprises:

about 76% of said oil;

15 about 5% of said treated lecithin; and

about 5% of said propellant,

wherein the percentages are based on a weight of the composition.

20 36. The cookware release composition of claim 1, further comprising ethanol, said lecithin being treated with a mixture having:

about 87 to about 97% ethanol;

about 0.4% of an alkali; and

about 1% of a fatty acid,
wherein the percentages are based on a weight of the mixture.

37. A cookware release composition suitable for dispensing
5 from an aerosol
container, comprising:

a cookware release agent having lecithin treated with an
alkali and a monoglyceride at the same time;

an oil; and

10 a propellant,

wherein a mixture of said cookware release agent having
said treated lecithin and said oil is dispensed from the aerosol
container by said propellant.

15 38. A cookware release composition suitable for dispensing
from an aerosol
container, comprising:

a cookware release agent having lecithin treated with an
alkali and a diglyceride at the same time;

20 an oil; and

a propellant,

wherein a mixture of said cookware release agent having
said treated lecithin and said oil is dispensed from the aerosol
container by said propellant.

39. A method of preparing a food item with a cookware
release composition, comprising:

providing a lecithin, an alkali, a fatty acid, an oil, and
5 a propellant;

treating the lecithin with the alkali and the fatty acid at
the same time;

mixing the treated lecithin and the oil to form the
cookware release composition;

10 dispensing the cookware release composition from the
aerosol container with the propellant onto the cookware surface;

applying the food item onto the coated cookware surface;
and

heating the coated cookware surface and the food item
15 thereon.